

HEALTHY CHANGES--MORE FRUIT AND VEGGIES!

This tool includes these steps: selecting a behavior to change, identifying factors that will interfere with and promote success, and tracking the behavior. This log should be started on Monday and Tuesday and completed on Thursday or Friday.

1. Which of these will you try this week? (Choose only one!)

- ☐ Try one fruit or vegetable that I have never tasted before
- ☐ Eat fruit for a snack every day
- ☐ Make a recipe that has a fruit or vegetable in it
- ☐ Drink real (100%) juice every day

2. Can you think of any problems that will stop you from doing this?

- ☐ No fruits or vegetables you like at home
- ☐ Someone needs to buy more fruits or vegetables at the store
- ☐ Other problem: _____

3. What's your strategy? What will help you really do this? Pick one of these ideas or write your own:

- ☐ Ask your parents to buy some fruits or vegetables so they will be handy.
Which ones? _____
- ☐ Find a recipe. Where will you look? _____
- ☐ Ask someone to remind you to: _____

Other ideas to help you: _____

4. Who will help you make this healthy change?

☐ Me ☐ Mom or Dad ☐ No one ☐ Sister or brother ☐ Friend

5. Keep track...Each day write a few words about what you tried and how it went.

Day 1: What did you do?

How did it go?

☐ Great! ☐ OK! ☐ Not
good!

Day 2: What did you do?

How did it go?

☐ Great! ☐ OK! ☐ Not
good!

Day 3: What did you do?

How did it go?

___ Great! ___ OK! ___ Not
good

Day 4: What did you do?

How did it go?

___ Great! ___ OK! ___ Not
good!